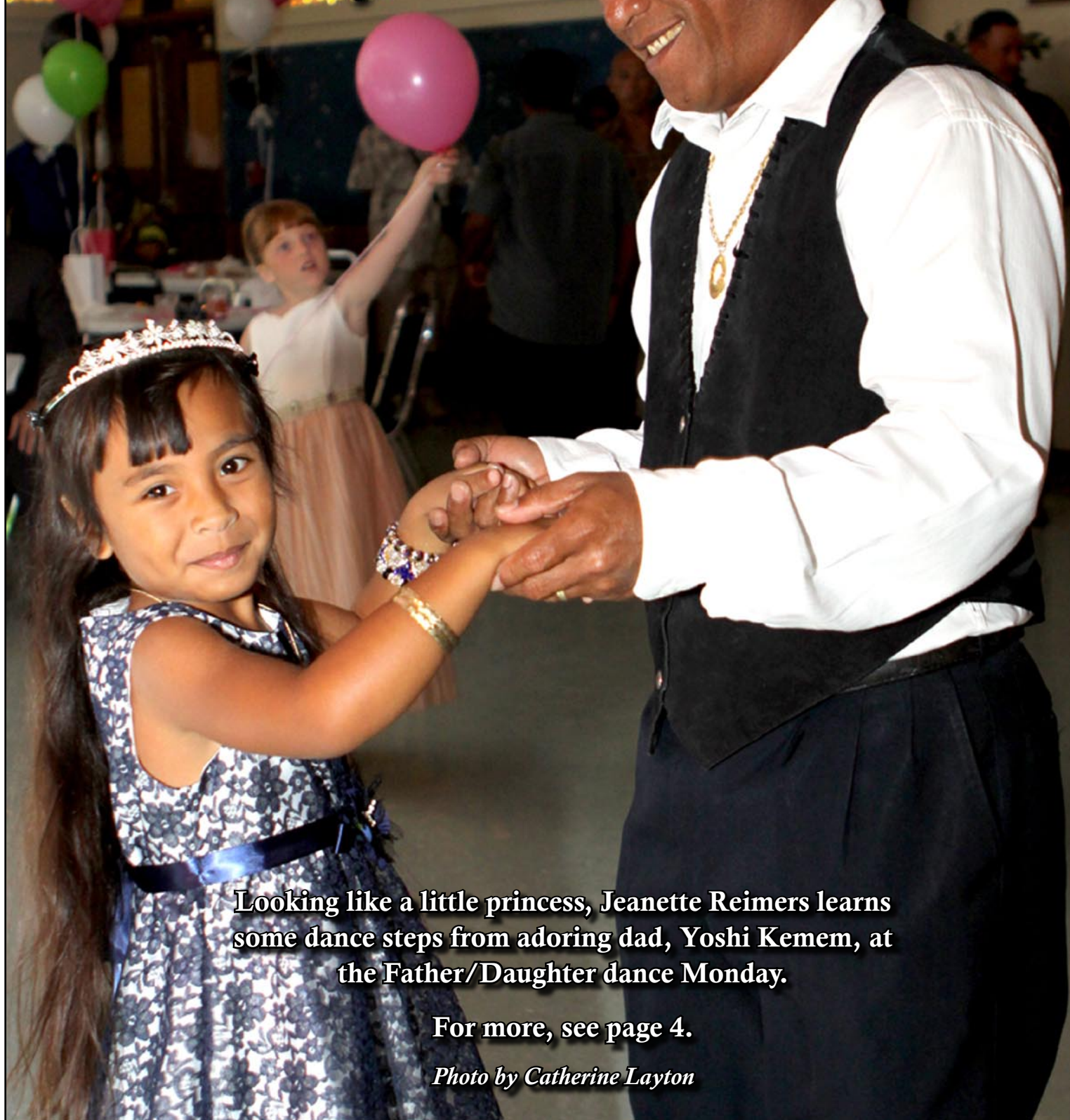


VOLUME 52 NUMBER 8

FEBRUARY 26, 2011

THE KWAJALEIN MIRROR GLASS



Looking like a little princess, Jeanette Reimers learns some dance steps from adoring dad, Yoshi Kemem, at the Father/Daughter dance Monday.

For more, see page 4.

Photo by Catherine Layton

THANK YOU

We would like to send our sincere thanks to all Military, Dept. of Army Civilians, Contractors and Families for their exceptional support during Lt. Gen. Richard Formica and Command Sgt. Maj. Larry Turner's recent visit to USAKA/RTS. Your hard work, professionalism and candor made this visit a productive and informative event for our senior leadership. We are proud to serve with each and every one of you and thank you for what you do for our Command every day.

Col. Joseph N. Gaines, Commander
Sgt. Maj. Hohn Wolf, Sr. Enlisted Advisor

THE RUMOR MILL



Col. Joseph Gaines addresses circulating rumors head-on. Rumors can earn from one to five ears. One ear is an unfounded rumor, while a rumor earning five ears is the truth.

Rumor: The commander has banned smoking on all government-owned vessels.

USAKA has a policy memo (600-8) in place that is designed to protect residents and workers on Kwajalein from second-hand smoke. This policy prohibits smoking on vessels conducting government business or ferry runs, unless a specific exception for open-deck areas has been granted. However, a boat rented from the Small Boat Marina is not being used for official government business and does not fall under this policy. Therefore, smoking on one of these vessels would be permitted.



THUMBS UP



To the Kwajalein High School students who do a great job of cleaning Ivey Gym after their PE class during the week.

To the gentleman who left two roses on the doors of the two ladies that live at the Sands BQ. Thank you so much, it was a lovely and kind thought.

WOW! What a beautiful "Night in Paris!" Every girl who walked through the MP doors was overwhelmed with the charm, beauty and experience of Paris. Thank you Stacey O'Rourke for such a wonderful night for all our girls. You are a treasure to the community here on Kwaj!

To Kaya Landers and AnnElise Peterson for their volunteer efforts supporting the wellness program cooking demonstrations. I have attended a few of these and I always come away with great ideas of healthy ways to prepare foods that my family and I have really enjoyed. Keep those great recipes coming.

Concern? Question? Complaint?



Call the Commander's Hotline
at 51098.

The deadline to submit all For Sale, Community Notices and other advertisements is Wednesday at noon. E-mail all announcements to hourglass@smdck.smdc.army.mil. Questions, call 52114.

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily official views of,

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Lt. Gen. Formica tours facilities on Kwaj, Roi

By Ruth Miskovsky
USAKA Public Affairs Officer

Lt. Gen. Richard Formica learned the meaning of "Kwajtas-tic," a combination of the words Kwajalein and fantastic, during a recent visit to U.S. Army Kwajalein Atoll. While here, Formica, who is the commanding general for U.S. Army Space and Missile Defense Command and Army Forces Strategic Command, toured many of the facilities on Kwajalein and Roi-Namur and spent time talking to Soldiers, civilian employees, contractors and their Families.

Formica arrived on Feb. 19 along with SMDC's Command Sgt. Maj. Larry Turner and Debra Wymer, director of the SMDC Test and Warfighter Solutions Center. The visit was the commanding general's first trip out to Kwajalein, one of the most remote component units in his command.

Because of the short time frame for his visit, Col. Joseph Gaines, USAKA/RTS commander, and

his staff had a packed itinerary scheduled. After a short lunch at Café Pacific, Formica was given a tour of the airport and went up to the air traffic control tower to see that and view the airfield.

Chief Warrant Officer 5 Charlie Dodd briefed Formica and explained why USAKA thinks the airfield should be the top military construction priority for SMDC. While here, Formica also toured the hospital, housing and other key infrastructure on Kwajalein and Roi-Namur.

After seeing Kwajalein firsthand, Formica confirmed the top priority for military construction at SMDC should be the airfield, then the pier and hospital. He also explained making these projects a priority in SMDC does not necessarily guarantee funding will be made available and the planned renovations to the hospital this spring are a bridge until funding for a new hospital is acquired.

Another topic of concern for Formica, his staff, Gaines and the Kwajalein community is the transition to Installation Management Command.

During an open discussion hosted by Formica, one resident expressed his concern regarding this. The commanding general admitted because most of the details on this transition have not been sorted out, he cannot say for sure, but in his view, the transfer of base operations is "about IMCOM providing the supervision."

K.C. Bertling, the Army Family Program manager for SMDC/ARSTRAT also accompanied Formica on his visit to Kwajalein. She spent most of her weekend talking to Family members and touring many of the community activities facilities on-island, including child care centers, schools, the hobby shop and the library.

On Monday, Bertling and Formica hosted a breakfast for the military,



Photos by Sheila Bigelow

USAKA Commander Col. Joseph Gaines points out structural issues at the Kwajalein hospital to Lt. Gen. Richard Formica Feb. 20.

civilian and contractor spouses on Kwajalein at the Religious Education Building. Gaines introduced Formica and made it clear this event was important to both USAKA and SMDC staff.

"This is the main event for the day," said Gaines.

Formica took the opportunity to give the spouses and sponsors in attendance a sense of what he experienced while on Kwajalein. He was especially impressed with the resiliency and community spirit of the Kwajalein community.

"People in the USAKA community roll up their sleeves and make it work," added Joseph Moscone, deputy to the commander for USAKA.

Formica also toured many quality of life facilities, both on Kwajalein and Roi-Namur. Following his visit on Monday with USAKA Families, Formica travelled to Ebeye, where he was given a windshield tour of the island. His visit ended with a trip to Majuro to introduce himself to the U.S. Ambassador to the Marshall Islands, Martha Campbell, and top Republic of the Marshall Islands government officials, including President Jurelang Zedkaia.



Lt. Gen. Richard Formica recognizes Sgt. Joshua Gravett for his continued hard work at USAKA/RTS at the town hall held Feb. 19.

Dapper dads dance with their delighted daughters

Article and photos by Catherine Layton
Associate Editor

Girls from George Seitz Elementary were given the opportunity to spend some quality time with their dads and learn what to expect from proper dates in their older years. The theme for this year's annual Father/Daughter dance was "A Night in Paris," and the Davye Davis multi-purpose room was transformed into Paris, complete with an Eiffel Tower, boutiques and twinkling stars overhead.

Giddy girls twirled and flitted through the night, both with their fathers and their friends. Everyone learned new moves, with dads showing they haven't lost their sense of rhythm with fatherhood. Photos were taken under the Eiffel Tower on stage, on the dance floor and in a pretty setting on the side of the stage set up for portraits.

Tables were set with tablecloths and centerpieces made from gift bags and balloons. A buffet line formed and guests were treated with pupus pro-

vided by kindergarten, second, fourth and sixth grader guests, while desserts were brought from first, third and fifth graders' homes.

Formal invitations were sent out three weeks prior to the dance, and detailed the evening's theme and general course. Disc Jockey Neil Dye kept everyone on their feet for the evening, spinning a variety of tunes and playing requests from guests.

Moms got to be a part of the dance as well, from set up and decorating the dance to getting their little girls ready for the evening. Hair was done, special jewelry was donned, shoes were polished and pretty dresses were fitted especially for the big night.

Knowing the importance of this experience for his daughters Nikky, 11, and Heather, 8, Lt. Col. Steven Ansley timed his mid-tour, two-week visit back to Kwajalein from his deployment in Afghanistan just so he could escort Nikky and Heather to this affair. Wife and mom Lisa said, "All three of them had a fantastic time and it was even more special than usual this year, given the circumstances."





Opposite page, left: Allyson and Darren Moore glide and whirl while getting in some great conversation.

Opposite page, right: Noiko Anjain encourages her happy dad Jelton Anjain to get in the groove.

Top left: Decked out in dress blues, Lt. Col. Steven Ansley shows his daughter, Heather, what to expect from dances in her older years.

Right: Dad Doug Hepler adorns his daughter Kayla with one of the many balloons from the beautifully decorated Dayve Davis multi-purpose room.

Bottom left: Branda Sawej and Chantelle Jirokle take a break from tripping the light fantastic with some tea at the imaginary boutique.

Local chefs make mouths water with healthy appetizer recipes

By Sheila Bigelow
Managing Editor

An array of aromas wafted through the air as soon as you stepped into the multi-purpose room Feb. 18 for the Eat Well, Feel Good cooking demonstration. The event was part of the KRS little steps...BIG DIFFERENCE wellness program. Resident chefs Kaya Landers and AnnElise Peterson hosted the 'Appealing Appetizers' demonstration, using a fancy table with a mirror attached on top so the audience could see the tabletop as they prepared each delicious dish. There was a healthy crowd of around 20 that participated, including four children who provided quite the comedic commentary.

Landers began the program by saying there is misconception about healthy eating on Kwajalein. She said you may think you're going to eat healthier and live healthier when you move to Kwaj, but there is one hitch about living in a place like this – there are dinner and beach parties aplenty. Pupus, which is Hawaiian for appetizers, are a popular dish to bring to such parties.

Landers explained appetizers are misleading when

it comes to calories and portions. You may think because you are eating small bites there are not many calories. In fact, many appetizers pack a lot of calories and unhealthy fat. One of the biggest culprits is dipping sauces.

The demonstration centered on six different healthy alternative pupu recipes. There were three criteria for all recipes – healthy, simple and available on Kwaj. Landers and Peterson worked like experts. They had ingredients already portioned and efficiently showed how to mix and assemble each appetizer. Pre-made portions were prepared so the audience could taste-test each item immediately after learning how to prepare it.

In the end, the favorites seemed to be the party shrimp and lighter deviled eggs. Wasabi-lovers were quick to finish off the crab vegetable roll ups and the faux fried onion rings were a big hit all around. The curried chicken cucumber bites and crispy Caribbean veggie wraps were even suggested by some as a light meal. The demonstration was fun, social, educational and tasty. Be on the lookout for these scrumptious appetizers at your next dinner party.

Recipe: Lighter Deviled Eggs

- | | |
|----------------------|-------------------------------|
| -12 hard-boiled eggs | -1/3 C non-fat cottage cheese |
| -1/4 C low fat mayo | -3 T. minced chives |
| -1 T. pickle relish | -2 tsp. yellow mustard |
| -1/8 tsp. salt | -paprika for garnish |

Halve eggs lengthwise, gently remove yolks. Place 16 yolk halves in food processor (discard 8) add other ingredients and process until smooth. Divide mixture into egg white halves (about 2 tsp. each) and sprinkle with paprika if desired.

Recipe: Curried Chicken Cucumber Bites

- | | |
|---|---------------------------|
| -1 medium cucumber | |
| -1 can cooked chicken breast, drained | |
| or 2 oz. grilled chicken breast chopped | |
| -1 tsp. mayo | 1/2 tsp. curry powder |
| -2 T. minced onion | 8-10 red grapes quartered |
- Cut cucumber in half lengthwise; remove seeds with spoon. In small bowl combine remaining ingredients, mix well and spoon into cucumber halves. Cover with plastic wrap and refrigerate 2-4 hours to firm mixture. Cut into 1/2 inch slices.

Recipe: Party Shrimp

- | | |
|--------------------------------|-------------------------|
| -1 lb. uncooked large shrimp | -1 T. olive oil |
| -1 1/2 tsp. brown sugar | -1 1/2 tsp. lemon juice |
| -1 garlic clove, thinly sliced | -1/2 tsp. paprika |
| -1/2 tsp. dried oregano | -1/2 tsp. garlic powder |
| -1/2 tsp. dried basil | -1/4 tsp. pepper |
- Combine ingredients in a large zip lock bag, turn to coat evenly, refrigerate for 2 hrs. Drain marinade, place shrimp on an ungreased baking sheet. Broil 4 inches from heat for 3-4 minutes each side.

Recipe: Faux Fried Onion Rings

- | | |
|---------------------|----------------------------------|
| -1 large onion | -1/2 C. crushed Fiber One cereal |
| -3/4 C. Egg Beaters | -2 tsp. BBQ seasoning (optional) |
- Cut edges off onion and remove outer layer. Cut onion into 1/2 in. wide slices and separate into rings. Process Fiber One cereal to bread crumb-like consistency and add seasoning if using (use to substitute for dipping sauce). Dip rings one at a time first into Egg Beaters, then into cereal mixture, and transfer to baking sheet prepared with cooking spray. Bake at 375 for 20-25 minutes, turning once halfway through.

Help make a difference: volunteer

Article and photo by Sheila Bigelow
Managing Editor

We've all seen the AFN commercial – the Lewis and Clark Expedition very well could have been the Lewis and Lebowski Expedition had Lebowski been as eager to volunteer as Clark had been. A hokey example, sure, but it's a good way to show just how important volunteering your time can be. In a place like Kwajalein, there are plenty of opportunities to invest your time.

The Grace Sherwood Library is a vault of information, services and special events for the community and runs strictly on volunteers. According to Kim Yarnes, KRS Community Activities Manager, the number of volunteers for the library has drastically dropped from 27 last year to only 11. "If we have only 11 people volunteering," Yarnes said, "then we're begging them to pick up more shifts or work more days a month. If we have 24 people, then everybody just does one day a month or two days a month for one or two hours. It's a lot less of a burden." The only experience needed to volunteer at the library is to know your ABC's. Responsibilities include greeting people and checking books in and out. Chris Hadley is the resident librarian and volunteer coordinator. She will train all volunteers to use the library system. If you are interested in volunteering some of your time at the library, contact Hadley at 53439.

Environmental cleanliness is an important push on Kwajalein. The Adopt-an-Area program solicits volunteers to pledge to care for an area on-island, keeping it clean from trash and debris. "It's an outreach program," Yarnes explained. "It's a really good thing for the environment. We're surrounded by water, so any trash people leave lying around and doesn't get put in the proper receptacles ends up in the ocean. It's damaging to sea life and the environment around us." Most areas only need to be cleaned weekly, biweekly or even monthly. Areas can be adopted by an individual, group, department or club. "There are a lot of groups that do big Earth Day cleanups, which I

think are awesome, but Adopt-an-Area is a way to do Earth Day all year round." To sign up, contact community activities at 53331 or visit their office in Building 805.

Sports are a big part of island life on Kwajalein. There are plenty of players, but there is a lack of officials and scorekeepers. There is no experience needed to be an official or scorekeeper. Even if you do not know the sport, community activities holds an officials' clinic at the beginning of every season. "We would be happy to work with people. If they [came] to the clinic but they still were feeling a little unsure about it, they could shadow a more experienced official for a game or two until they became more comfortable," Yarnes said. High school students and above is the age limit for officials and any equipment needed is provided by community activities. "It's a great way to get service hours for school, for National Honor Society or for scholarships," Yarnes said. Anyone wishing to volunteer for sports can contact Amanda Morris at 53331 or in the community activities office.

The Hobby Shop provides the community with interesting, fun and creative projects in a relaxed atmosphere, according to Denise Dorn, who works in the hobby shop. Dorn feels people need a place to relax and express themselves creatively. One way for them to do that is through the classes offered at the hobby shop. Various classes are offered, but Dorn is seeking volunteers to help with kids' classes that are offered monthly. There is no experience needed and volunteers would only need to be available one to two hours per month. To volunteer, contact Dorn at the hobby shop at 51700.

The Yokwe Yuk Women's Club does a lot of volunteer work on Kwajalein and their efforts help to support education in the outer islands. "The Bargain Bazaar provides inexpensive household goods and clothing to on-island residents and Ebeye neighbors," said Barbara Fronzak, volunteer coordinator for the Bargain Bazaar. "The profits from the Bargain Bazaar are directed to the schools of Micronesia."



Taylor Osterbauer participates in the Adopt-an-Area program.

Currently, they have only 12 volunteers and could use up to 20 to run effectively. There is no experience needed and responsibilities include opening and closing the store, keeping track of funds and processing donations. "The Bargain Bazaar is important to our Ebeye neighbors who look for a variety of goods at an affordable price," Fronzak said. Volunteers should contact Fronzak at 53686.

The YYWC also supports the Micronesian Handicraft Shop, which sells handicraft items from the Marshalls and Micronesia. According to volunteer coordinator Paula Eggert, there is an "on-going shortage (of volunteers) that creates a situation where current volunteers are asked to take on multiple shifts at the shop or fill in several roles." Shop volunteers work one 2-hour shift each month. They open and close the shop, assist customers with purchases and cash out at the end of the day. Buyers are responsible for a specific area (Marshalls, Pohnpei, Shells, Publications, Chuuk, Palau) and communicate with vendors to place orders and maintain appropriate level of merchandise inventory. There is no experience necessary, says Eggert. You will be trained appropriately.

The great thing about volunteering is a little goes a long way. Hours of your time provide such a valuable and significant contribution to the community. Go ahead, start today.

Winter
Season

KWAJ SPORTS



2011

BOWLING

Tuesday, Feb. 1

TOP BOWLERS – MEN

Bill Hahn: 246
Keith Huston: 213
Shane Jacobs: 205

TOP BOWLERS – WOMEN

Rebecca Ramsey: 154
Deb Crawford: 144
Evelyn Smith: 141

TOP SERIES

Bill Hahn: 606
Rebecca Ramsey: 423

Team Standings (as of Feb. 22)

	<u>WIN-LOSS</u>	<u>TOTAL PINS</u>
California Roll:	15-5	11828
One and Done:	14-6	11825
No Business:	14-4	11729
Kwaj Boyz:	11-9	11699
Blue Balls:	10-10	11658
Random Shots:	9.5-10.5	11906
3Xs & A No Show:	4-16	11499
3 Aces & A Joker:	2.5-17.5	11199



Eight servicemembers die in Afghanistan

Airman 1st Class Corey C. Owens, 26, of San Antonio, Texas, died Feb. 17 due to a non-combat related incident at Al Asad Air Base, Iraq. He was assigned to the 47th Security Forces Squadron, Laughlin Air Force Base, Texas.

Spc. Jonathan A. Pilgeram, 22, of Great Falls, Mont., died Feb. 17 in Konar province, Afghanistan, of wounds suffered when insurgents attacked his unit using small arms fire. He was assigned to the 1st Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky.

Sgt. Matthew J. Deyoung, 26, of Talent, Ore., died Feb. 18 while supporting combat operations in Helmand province, Afghanistan. He was assigned to the 2nd Recon-

naissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Airman 1st Class Christoffer P. Johnson, 20, of Clarksville, Tenn., died Feb. 17 due to a non-combat related incident in Southwest Asia. He was assigned to the 423rd Security Forces Squadron, Royal Air Force Alconbury, England.

Staff Sgt. Bradley C. Hart, 25, of Perrysburg, Ohio, died February 17 at Camp Lemonnier, Djibouti, Africa, of injuries sustained in a non combat incident. He was assigned to the U.S. Army Special Operations Command, Fort Bragg, N.C.

Lance Cpl. Andrew P. Carpenter, 27, of Columbia, Tenn., died Feb. 19 of wounds received Feb. 14 while conducting combat operations in Helmand province,

Afghanistan. He was assigned to the 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Sgt. Robert C. Sisson Jr., 29, of Aliquippa, Pa., died Feb. 21 in Kandahar district, Afghanistan, in a non-combat related incident. He was assigned to the 1st Battalion, 22nd Infantry Regiment, 1st Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.

1st Lt. Daren M. Hidalgo, 24, of Waukesha, Wis., died Feb. 20 in Kandahar province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device. He was assigned to 3rd Squadron, 2nd Stryker Cavalry Regiment, Vilseck, Germany.

View from Kwaij



Photo by Ruth Miskovsky



Photo by Catherine Layton



Photo Hourglass Archives



Photo courtesy of Vernon Adcock



Photo by Ruth Miskovsky



Photo courtesy of Ashlee Skinner and Carrie West

We want photos of YOU! Submit your best photos for the community photo page. Send us photos of your day at the beach, BBQ, water sports, birthday parties, hobbies, arts and crafts, holidays, and just every day fun. E-mail all submissions to hourglass@smdck.smdc.army.mil. Candid photos (not posed) are preferred. Photos must be recent and of residents that still live on-island. Publication of photos is editor's discretion. Questions, call 52114.

KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at www.krsjv.com.

KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

WANTED

HOUSE for previous Kwaj residents, Worrell family of five. Need housing from March 11-March 21. Pets okay. Please call 54609 and leave a message.

RUG, 8x10 feet or larger and round dining table in good condition. Call Rose at 53731.

DONATION of two working bikes, male or female, for two missionaries coming in March to Ebeye and Gugeegue. Would prefer three gears to fight the wind on Gugeegue road, but would appreciate anything that is working. Call Avis at 58899. If no answer, leave message.

Religious Services

Catholic

5:30 p.m., Saturday, Island Memorial Chapel.
No Sunday services for March

Protestant

8 and 11 a.m., Sunday, on Kwaj.
Roi-Namur service at 7 p.m. on Friday

Baptist

9:40 a.m., Sunday, in elementary school Music Room.

Latter-day Saints

10 a.m., Sunday, in CRC, Room 3.

Jewish services

Second Friday of the month in the REB. Times will vary.
Contact the Chaplain's office, 53505, for more information.

LOST

CHARBROIL grill from the downtown area. There were two grills and one of them came up missing since early last week. If you have borrowed or know where this is, please call Chris Taitingfong at 53402 or return it. No questions asked.

FOUND

G-SHOCK Casio watch MT-6. Please contact Auntie at 54501.

PATIO SALES

SUNDAY and MONDAY, 8 a.m.-noon, quarters 449-A. No early birds.

FOR SALE

SEADOO 760 three-seater with trailer and ski shack, all new carburetors, starter, motor mounts and battery, \$3,750; black leather couch, \$750; matching loveseat, \$450 or set \$1,150; Zojirushi BBCCX20 bread machine, \$100; Kai-cycle chopper bike, \$400 and Magnavox TV's: 27 inch, \$150; 24 inch, \$125 and 17 inch, \$100. Call 52366.

SUN BIKE, lime green, little rust, 11 months old, good condition, \$175; area rug, big enough for BQ, less than one year old, \$25 and Panasonic TV, 20 inch, two years old, great condition, \$150. Call 53279.

BAYLINER TROPHY, 1990, 23 feet, Twin Yamaha 115HP four-stroke engine, 140-gallon internal fuel tank and new trailer, \$30,000. Call 58240 or 59252.

RED AND TAN 19' REINELL CUDDY 1988 Inboard Powerboat (Needs Fiberglass work), with Boat Shack (Lot #52) \$4,000; Lamborghini Female Bike \$15; Puma Soccer Shoes Women's 7(used twice), \$15; Coffee Maker, \$15; 50 gallon Fish Tank & Stand with everything to run it, \$350; Computer Desk, \$75; and camping utensils set, new, \$20. Call 52279, 53074.

HOBIE GETAWAY CATAMARAN, 2007, fast, fun, comfortable, excellent condition, includes sails, Tiger Trax wheels, teal Sunbrella material for boat cover, \$5,000, all reasonable offers considered; free-standing deck with handrails, 10x6 feet, \$200 and large, healthy potted plants, price negotiable. Call 53003 or 50619 for more information.

CAL 20 sailboat, in the water ready to sail, \$4,000; 8x10 foot vinyl shed, \$500; Yamaha 4hp outboard motor, \$500 or all for \$4500. Call Rebecca 50617 or 51357.

EURO-PRO seven-quart programmable slow cooker, very good condition, \$35 and Coleman 100-quart white marine cooler, new, \$80. Call 52517, if no answer, please leave a message.

COLUMBIA mark II sailboat, 26 feet, in the water on one-year mooring, dinghy and 5HP motor, boat shack, trailer, five sails in excellent condition, CD/

iPod/radio/stereo, 2009 10HP Honda kicker, toilet, sink, VHF radio, life sling, barbeque grill, 406 EPIRB, swim platform, sleeps four, everything works and is a great boat, sailed to many places here at Kwaj and to Namu Atoll, bought a bigger boat, \$9,000. Call Ryan Vahle at 52222 or 52590.

BOSE SURROUND sound, \$2,000; 50 inch plasma Pioneer TV, \$800; full-size pillow top mattress, \$250; rug, \$50; shag rug, \$200; La-Z-Boy recliner, \$100; Fisherprice swing, \$80; bagless vacuum, \$50; toddler seats, \$45; fire-proof safe, \$30; light glass cover, \$25; grill/smoker, \$30; Tudors, seasons one through three, DVD, \$20; toy storage bin with toys, \$20; lawn chairs, \$5 each; rack for pots and pans, \$5 and Bjorn baby carrier, \$25. Call 52332.

BC MEN'S large regulator, octopus, standard gauges, \$100 and cooler, 80 quart, \$15. Call 51889.

GUITAR AMPLIFIER, \$300; four-channel mixer/studio quality audio recorder, \$100; 1/4 inch shielded guitar/instrument cable, \$25; Hitachi 52 inch rear projection TV with optional DVD player, \$400 or best offer and fish cooler, 180 quart, white, never used, \$100. Call Jarem Erekson at 54876 and please leave a message.

ADULT tricycle, \$100. Please call 52389 and leave a message.

COMMUNITY NOTICES

KWAJALEIN Yacht Club's 2011 Commodore's Ball is Feb. 27. Happy hour is at 6 p.m. and dinner will begin at 7 p.m. Enjoy an island formal evening of Pacific Rim cuisine and entertainment by DJ Bill. Tickets are available from 5-7 p.m. on Feb. 3, 10 and 17 at KYC meetings and from 10 a.m.-noon on Feb. 7 and 14, downtown. Everyone is invited to this event. Questions, call Jude at 51293.

WOODSHOP orientation class will be held on March 1 at the Hobby Shop from 6-9 p.m. The cost is \$10. Close-toed shoes are required. Please call Denise at 51700 to sign up.

SMALL BOAT MARINA will be starting summer hours on March 3. Morning session will be 8 a.m.-12:45 p.m. Afternoon session will be 1:30-6 p.m. Summer hours run through the end of October.

KYC's first winter series race will be Mar. 6. Skippers meeting at 1 p.m. in front of the SBM office, with the race start at 2:30 p.m. All are welcome to join for a fun day on the water, no prior sailing experience needed. This is a no pressure, fun sailing event; being a part of the experience is what it is all about. For more information, call Jon, at 54156.

THE BARGAIN BAZAAR needs your donations. We will pick up at your quarters on March 7. Please leave a message at 53686 with your name, quarters number and phone number.

KWAJALEIN SCUBA Club has a \$50 gift certificate

Café Pacific

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 5
Carved Smoked Ham	Beef Tips in Burgundy	Chicken with Sauce	Stuffed Cabbage	Swiss Steak Jardiniere	Veggie Lasagna	Roasted Iowa Chop
Crab Benedict	Egg Noodles	Broccoli/Rice Casserole	Chicken Pot Pie	Turkey Drumettes	Meat Lasagna	Sesame/Ginger Tofu
Szechuan Beef	Roasted Cornish Hen	Meat/Veggie Stir-Fry	Pasta ala Pesto	Scalloped Potatoes	Meat/Veggie Stir-Fry	Chicken Nuggets
Brunch Station Open	Brunch Station Open	Sloppy Joes	Cheesesteak Sandwich	Veggie Du Jour	Garlic Bread	Chef's Choice

Dinner

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fried Chicken	Spaghetti	Sweet/Sour Pork	Meatball Stroganoff	Steamship Round	Pork in Mole Sauce	Pancake Supper
Parker Ranch Stew	Whole Wheat Pasta	Chicken Hekka	BBQ Chicken	Coconut Chicken	Beef Fajitas	Beef Brisket
Potato Dujour	Veal Alfredo	Korean Beef Steak	Egg Noodles	Noodles Romanoff	Chicken Enchiladas	Chicken Stir-Fry

up for grabs to the winner of the best underwater video contest. Bring your video to the next club meeting so the members can view it and vote on their favorite. The video must have been taken within the last two years and be no more than five minutes long. The next meeting is March 9 at 7 p.m. in the CRC room 1. If you want to submit your video before the meeting bring it to Bill Williamson's Dive Shop.

CONCERT Mar. 10, 7 p.m. in the MP room on the high school campus, featuring Concert Band, Choir, Junior Band and Stage Band.

COME AND SUPPORT our young artists at their art shows. The theme this year is wonders around the world. Kindergarten through third grade will display their art from 7-8:30 p.m., March 11, in the Coconut Room. Fourth through sixth grade will display their art at the same time and place on March 18.

THE YOKWE YUK Women's Club is hosting a fajita bar social at 6:30 p.m., March 11, at the Pacific Club on Ocean Drive. Open to all women in the community. We'd especially welcome any island newcomers. Come join us for an evening of fun.

THE LAST day of school for Elementary and High School students for the 2010-2011 school year is June 10. If you have children that attend the Elementary and/or High School and your family will be PCSing either before June 10 or during the summer, please notify the school office of your departure date so student records can be prepared. Call the Elementary School office at 53601 and the High School office at 52011.

KALEIDOSCOPE OF MUSIC tickets will be sold for \$15 from 10:30 a.m.-12:30 p.m. on Feb. 28 and March 7, 14 and 21 in front of the Shopette. The proceeds support scholarships for Kwajalein high school seniors. This is a family friendly event. The event will take place at 7 p.m., March 27, in the MP Room.

BASKET WEAVING with clay will be our next kid's clay class, in time for Easter. The time is from 6-8 p.m. on March 29. Ages four through 13 are welcome with a parent and the cost is \$15 per child. Sign up now, spaces are limited. Call Ms. Denise at 51700.

STOP BY THE woodshop in the next 30 days to claim, identify and organize your wood safely. Any wood not claimed by March 30 will become the property of the Hobby Shop and high school woodshop class. Thank you for helping to keep our shop clean and safe. Questions, call Denise at 51700.

KARAOKE is at 8 p.m., every Sunday, at the Ocean View Club. Join us for singing, music and fun. Contact Darren Moore at 55599 for information.

AN EMAIL SCAM targeting army and air force

bases is telling users to reset their Common Access Card (CAC) Personal Identification Number (PIN) length. Do not respond to the email or click on any link inside. Delete it immediately. The email might look something like Subject: IMMEDIATE ACTION REQUIRED: CAC PIN length increases. Due to recent world events there is a weakness in DoD CAC security systems using a PIN length of less than 10 digits. Therefore a new requirement has been established that calls for PIN length to be at least 10 digits and no more than 14 digits.

KWAJALEIN SOFTBALL league is from March 29-May 27. Registration is from March 1-March 18. Cost is \$200. Manager's meeting will be at 5 p.m. on March 18. Official's clinic will be at 5 p.m. on March 24. Questions, call Community Activities at 53331.

TRICARE REPRESENTATIVE for the Pacific region, U.S. Navy Capt. Diane Aldrich, will host a town hall to answer Tricare beneficiaries' questions on March 3, CRC Room 1. If you have any questions, please contact USAKA's Tricare point of contact Sheralyn Zeto at 51269.

HELP US keep Kwajalein and Roi-Namur beautiful by adopting an area. If you are looking for a way to get involved in the community, join the Adopt-An-Area program. For more information please contact KRS Community Activities at 53331 or email Kim.Yarnes@smdc.army.mil.

QUALITY of Life committee members need your input on 2011 project opportunities. Make your funding choices at www.surveymonkey.com/s/QOL2011.

IN 2010, there were 14 reported cases of bee stings. There have been five reported cases of bee stings so far in 2011. Be aware of stinging insects at areas of low activity; be careful if you are allergic to stings; they are attracted to fruits, sweets, food, beverages and garbage cans. Report locations of nest sightings at 54738 or 53550.

Recreational Night Diving

KRS Community Activities in cooperation with Marine Department personnel would like to announce the recreational night diving program. Starting in March, individuals and/or groups will have the opportunity to reserve evenings from 6 to 10 p.m. for recreational night diving at USAKA. The schedule is limited to evenings when qualified personnel are available to cover the recompression chamber and that schedule will be published on a monthly basis. There is a fee of \$74 for each 4-hour occurrence and reservations must be made at least 72 hours in advance.

For additional information, please contact the Community Activities office at 53331 for further details



and an SPI is forthcoming in the next few days that will publish all the details.

Safely Speaking



KRS company's safety rules can't keep you from harmful encounters unless you follow them. For example:

- Wear your hard hat as required.
- Keep your own work area and all aisles clear.
- Heed all warning signs and signals.
- Never move a load you can't see over.
- Clean up small spills promptly; report larger ones.
- Report floor defects, wobbly stair rails, "dead" light bulbs.

Café Roi

Lunch

Sunday

Pork Loin
Chicken in Sour Cream
Croissan'wiches

Monday

Beef Machaca
Chicken Chilaquiles
Huevos Rancheros

Tuesday

Rubbed Ribs
BBQ Baked Chicken
Baked Beans

Wednesday

Chicken and Pesto
Cheddar Meatloaf
Pasta Primavera

Thursday

Cuban Sandwich
Ropa Vieja Beef
Brewed Black Beans

Friday

Dip Sandwiches
Corn Dogs
Ranch Potatoes

March 5

Pineapple/Teri Burgers
Turkey Dumplings
Potato Salad

Dinner

Sunday

Teriyaki Chicken
Ginger Glazed Tuna
Fried Rice

Monday

Baked Herb Chicken
Roi Pot Roast
Mashed Potatoes

Tuesday

Crispy Pork Cutlets
Dijon/Sugar Chicken
Marinated Vegetables

Wednesday

Roast Steamship
Turkey Pot Pie
Baked Potatoes

Thursday

Roi Fried Chicken
Grilled Pork Chops
Mashed Potatoes

Friday

Assorted Pizzas
Meat Tortellini
Fried Eggplant Sticks

March 5

Braised Beef Shoulder
New Orleans Pasta
Lyonnais Potatoes

Mouth guards: equipment that protects your kids smile

By Judy Shimamoto
Dental Hygienist

Each year, thousands of teens get hurt on the playing field, the basketball court, or while skateboarding, biking or during other activities. Blows to the face in nearly every sport can injure your teeth, lips, cheeks and tongue.

A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as football, boxing and ice hockey. However, you don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that mouth guards help protect teeth even in non-contact sports such as gymnastics, rollerblading and field hockey. Many experts and the American Dental Association recommend a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth.

There are three types of mouth guards: ready-made, or stock, mouth guard; mouth-formed "boil and bite" guard; and the custom-made guard made by your dentist. All three mouth guards provide protection, but vary in comfort and cost.

The most effective mouth guard should have several features. It should be resilient, tear-resistant and comfortable. It should fit properly, be durable and easy to clean, and not restrict your speech or breathing.


Don't take your teeth for granted. Protect your smile with a mouth guard while playing sports.



Hole in ONE!

Deb Crawford scored a hole in one on Feb. 16 on the 4th hole, a 144-yard, par 3. Playing with Deb were Robert Anderson, Danny Bittner, and Ron Cunrod.

Mark Kenko scored a hole in one on Feb 19th, the 4th hole, 176-yard, par 3. Playing with Mark was Russell Beniamina.



Weather

Courtesy of RTS Weather

Sunday: Mostly sunny, <10 percent showers. Winds: ENE-E at 17 - 22 knots
Monday: Partly sunny, 10 percent showers. Winds: ENE-E at 17 - 22 knots
Tuesday: Mostly cloudy, 30 percent showers. Winds: ENE-E at 13 - 17 knots
Wednesday: Partly sunny, 20 percent showers. Winds: ENE-ESE at 10-15 knots
Thursday: Partly sunny, 20 percent showers. Winds: ENE-E at 8 - 14 knots
Friday: Partly sunny, 20 percent showers. Winds: ENE-E at 8 - 14 knots

Annual total: 13.22 inches

Annual deviation: + 5.04 inches

Call 54700 for updated forecasts or visit www.rts-wx.com.

Sunrise/set Moonrise/set High Tide Low Tide

Sunday	7:04 a.m./7:00 p.m.	2:29 a.m./2:23 p.m.	12:38 a.m., 1.8'	5:54 a.m., 1.4'
			1:10 p.m., 2.9'	8:21 p.m., 0.9'
Monday	7:03 a.m./7:00 p.m.	3:21 a.m./3:16 p.m.	2:22 a.m., 2.3'	7:50 a.m., 1.1'
			2:19 p.m., 3.3'	8:59 p.m., 0.4'
Tuesday	7:03 a.m./7:00 p.m.	4:09 a.m./4:07 p.m.	2:59 a.m., 2.7'	8:41 a.m., 0.6'
			2:59 p.m., 3.7'	9:27 p.m., 0.1'
Wednesday	7:03 a.m./7:00 p.m.	4:53 a.m./4:55 p.m.	3:26 a.m., 3.1'	9:16 a.m., 0.2'
			3:30 p.m., 4.0'	9:51 p.m., -0.2'
Thursday	7:02 a.m./7:00 p.m.	5:35 a.m./5:42 p.m.	3:51 a.m., 3.5'	9:45 a.m., -0.1'
			3:58 p.m., 4.3'	10:14 p.m., -0.4'
Friday	7:02 a.m./7:00 p.m.	6:14 a.m./6:26 p.m.	4:15 a.m., 3.9'	10:13 a.m., -0.4'
			4:23 p.m., 4.5'	10:36 a.m., -0.6'
March 5	7:01 a.m./7:00 p.m.	6:52 a.m./7:10 p.m.	4:39 a.m., 4.1'	10:40 a.m., -0.5'
			4:48 a.m., 4.5'	10:59 p.m., -0.7'